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## EC9945 Using Dried Fruits

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COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS

U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

USING DRIED FRUITS

Abbreviations

tblsp = tablespoon  
tsp = teaspoon  
c = cup

Mock Plum Pudding

1 tblsp. unflavored gelatine	2/3 c. dates
1/2 c. cold water	1/4 c. nuts, chopped
1 c. milk	1/2 c. sugar
3/4 square chocolate or 3 tblsp. cocoa	1/4 tsp. vanilla
1/2 c. seeded raisins	1/4 t. salt
1/4 c. currants	2 egg whites

Heat milk with chopped fruit in double boiler. Add cocoa, or chocolate which has been melted and mixed with part of the sugar and a little milk to make a smooth paste. Soak gelatine in cold water for a few minutes. Add to hot chocolate mixture and stir well. Add sugar and salt and again stir. Allow to cool. When mixture begins to thicken, add nuts and vanilla, and lastly fold in whites of eggs beaten very stiff. Pour into mold that has been rinsed in cold water. The mold may be decorated with whole nut meats and raisins. Allow to stand in a cold place. When firm remove to serving dish and garnish with holly. Serve with whipped cream or with a currant jelly sauce. Serves 6.

Fruit Whip

3/4 c. cooked fruit pulp	1/8 tsp. salt
1/2 c. sugar	4 egg whites
1 tblsp. lemon juice	

Sieve or cut very fine cooked dried fruit. Add sugar and cook until dissolved, stirring constantly. Add salt to egg whites and beat until stiff but not dry. Fold in cooled pulp and lemon juice. Pile in sherbet glasses and serve with whipped cream or soft custard. Or pour into lightly greased baking dish and bake in moderate oven (325°) 30 to 45 minutes or until firm. Serve at once with whipped cream or soft custard. Cooked dried prunes, peaches or apricots may be used. Serves 6.

Soft Custard

2 slightly beaten eggs	2 c. milk, scalded
1/4 c. sugar	1/2 tsp. vanilla extract
1/8 tsp. salt	

The eggs, sugar, and salt are combined. Add hot milk gradually. Cook over hot, but not boiling water, stirring constantly, until custard will coat a metal spoon. Add flavoring and chill rapidly. Serves 6.

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### Steamed Whole Wheat Pudding

1/4 c. butter	1 egg
1/2 c. molasses	1 1/2 c. whole wheat flour
1/2 c. sour milk	1/2 tsp. soda
1 c. chopped raisins	1/2 tsp. salt

Mix softened butter, liquids and beaten egg. Flour raisins and add to other dry ingredients. Mix all ingredients well and pour into a greased mold and steam 2 1/2 hours (or 1 hour in greased 1 lb. baking powder tins). Serve with lemon sauce.

### Prune and Carrot Salad

1 c. chopped prunes	1/4 c. chopped peanuts
2 c. chopped carrots	1/4 c. cooked salad dressing
1 large orange, diced	

Rinse prunes and allow to soak over night in just enough water to cover. After soaking, the prunes should be tender enough to pit. If not, simmer until tender. Toss prunes together lightly with carrots, orange and peanuts and add enough salad dressing to moisten. For variation, the peanuts may be omitted and peanut butter mixed with the salad dressing. When served with a toasted cheese sandwich and beverage, this makes a good luncheon salad. Serves 6.

### Dried Fruit Sweets

#### Basic recipe

1 c. prunes	1 c. raisins
1/2 c. figs or dates	1/2 c. apricots
1/2 c. nuts (optional)	

Wash fruit carefully. Remove all seeds and stems. Put fruit thru food chopper (use knife used in grinding meat). Mix thoroly.

#### Confections

Mold into small balls, roll in powdered sugar.  
 Mold into patties and press a small piece of fondant in center.  
 Mold into balls and dip into semi-sweet chocolate.  
 Prepare a fondant or white fudge. Roll out about 1/2 inch thick and spread with fruit mixture. Roll up as a small jelly roll. Slice pieces crosswise

#### Sandwiches

Mix with peanut butter and enough cream to make it spread easily.  
 Mix with equal parts of ground ham or other cold meat.

#### Miscellaneous

May be thinned with cream and used as a filling for a white cake.  
 May be used as a spread on small salted crackers.  
 May be used as a filling for cookies. (The crackers and cookies make an attractive dish for a tea.)

### Spiced Dried Fruit Pie

2 c. dried apricots or peaches	2 tblsp. quick cooking tapioca
1 1/2 c. water	1 tsp. cinnamon
1 c. sugar	1 tblsp. butter
1/2 tsp. salt	Pastry for double crust

Wash fruit and chop or put thru food chopper. Combine fruit pulp, sugar, salt tapioca, spice and water. Bring to a boil and boil for 2 or 3 minutes. Stir to prevent scorching. Pour mixture into a pastry lined pie pan and dot with butter. Place top crust and brush with milk. Bake in hot oven (450°F) about 30 minutes. Serves 6 to 8.